



70 7th Avenue  
(between 14th & 15th)  
New York, NY 10011  
(917) 262-0095

## HEALTHY WRAPS

Calorie range 500 - 730

Includes choice of any Lower Carb or Power Side

### Rocky

Chicken or steak, turkey meatballs, part skim mozzarella and fat free marinara in a garlic herb wrap.

Chicken \$11  
Steak \$14



### MMG Signature

Chicken or steak, turkey bacon, reduced fat cheddar, power blend of romaine, spinach and baby kale, tomatoes, red onions and zero carb signature sauce in a jalapeño wrap.

Chicken \$11 | Steak \$14



### Santa Fe

Chicken or steak, turkey bacon, red beans and brown rice, reduced fat cheddar and zero carb signature sauce in a jalapeño wrap.

Chicken \$11 | Steak \$14

### Veggie \*Vegetarian\*

Original or spicy with sautéed green peppers, onions, mushrooms, red beans, brown rice and reduced fat cheddar in a garlic herb wrap. \$11



### BBQ Wrap

Chicken or steak, reduced fat cheddar, brown rice and fat free BBQ sauce in a whole wheat wrap.

Chicken \$11 | Steak \$14

### Yee-Ha! Wrap

Chicken or steak, western potatoes, turkey bacon and zero carb signature sauce in a jalapeño wrap.

Chicken \$11 | Steak \$14

### Turkey Burger Wrap

Lean ground turkey, turkey bacon, reduced fat cheddar and fat free secret sauce in a whole wheat wrap. \$11

### Turkey Meatball

Turkey meatballs, part skim mozzarella and fat free marinara in a garlic herb wrap. \$11

### Tex-Mex Fajita

Chicken or steak, sautéed green peppers and onions, reduced fat cheddar, fat free sour cream and salsa in a jalapeño wrap.

Chicken \$11 | Steak \$14

### Chicken Caesar Wrap

Chicken or steak, power blend of romaine, spinach and baby kale, zero carb Caesar dressing and Parmesan in a spinach wrap.

Chicken \$11  
Steak \$14



### Add-ons

Fat Free Sour Cream \$1  
Reduced Fat Cheese \$1

Jalapeños \$1  
Extra Sauce \$1

Turkey Bacon \$2  
Avocado \$2

Spinach \$2

## SIDES

### LOWER CARB SIDES

Calorie range 25 - 240

All lower carb sides \$4

- Baby Kale
- Caesar Salad
- Cucumber Salad
- Edamame
- Quinoa
- Savory Spinach
- Steamed Broccoli
- Vegetable Medley

### POWER SIDES

Calorie range 100 - 180

All power sides \$4

- Baked Potato
- Brown Rice
- Brown Rice & Beans
- Pasta Salad
- Western Potatoes

### UPGRADED SIDES

Calorie range 110 - 300

- Avocado Smash \$5
- Cauliflower Rice \$5
- Regular or Sweet Potato Fries \$5
- Turkey Chili \$5
- Grilled Chicken \$6
- Turkey Meatballs \$6
- Shrimp \$7
- Grass Fed Steak \$7

## FIT BOWLS

Calorie range 320- 450

### Arizona GF

Chicken or steak, turkey bacon, tomatoes, scallions and zero carb signature sauce over brown rice. Chicken \$12 | Steak \$15

### Godfather GF

Chicken or steak, portabella mushrooms, roasted red peppers, part skim mozzarella and fat free balsamic vinaigrette over broccoli.

Chicken \$12  
Steak \$15



### Grilled Fit Bowl GF

Chicken or steak, broccoli and brown rice. Chicken \$12 | Steak \$15

### Turkey Chili Bowl GF

Lean ground turkey chili, red beans, reduced fat cheddar, salsa, fat free sour cream, tomatoes and scallions over brown rice. \$12



### Santa Ana GF

Chicken or steak, turkey bacon, reduced fat cheddar and zero carb signature sauce over red beans and brown rice.

Chicken \$12 | Steak \$15

### Cajun Penne

Cajun chicken or steak, tomatoes, scallions and a red wine sauce over whole wheat pasta.

Chicken \$13 | Steak \$16

### El Mexicana GF

Chicken or steak, sautéed green peppers and onions, reduced fat cheddar, salsa, tomatoes and scallions over red beans and brown rice.

Chicken \$12  
Steak \$15



### Sesame Teriyaki Penne

Chicken or steak, sesame seeds and teriyaki sauce served over whole wheat pasta. Chicken \$13 | Steak \$16

### Vodka & Penne

Chicken or steak, reduced fat vodka sauce and Parmesan over whole wheat pasta.

Chicken \$13  
Steak \$16



### Teriyaki Stir Fry

Chicken or steak, portabella mushrooms, sautéed green peppers and onions, carrots, sesame seeds and teriyaki sauce over brown rice. Chicken \$12 | Steak \$15

# MMG BURGERS

Calorie range 560 - 640

## CHOOSE YOUR PROTEIN:

Grass-Fed Beef | Sirloin Burger | Turkey

Upgrade to the Impossible Burger for +\$3

All Burgers come with Regular or Sweet Potato Fries

## HEALTHIER BURGERS



## CHEAT DAY BURGERS

### Classic

Reduced fat cheddar, turkey bacon, signature sauce, lettuce, tomato and onion on a whole wheat bun. \$14

### California Club

Avocado, turkey bacon, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun. \$14



### Mushroom

Part skim mozzarella, sautéed mushrooms, onions and lettuce on a whole wheat bun. \$14



### Jalapeño

Sliced jalapeño, cajun seasoning, part skim mozzarella cheese, reduced fat mayo, lettuce, tomato and onion on a whole wheat bun. \$14

### Recovery

Fried egg, reduced fat cheddar, and turkey bacon on a whole wheat bun. \$14

### MMG Fave

Sharp cheddar cheese, hickory smoked bacon, signature sauce, lettuce, tomato and onion on a brioche bun. \$14



### Avo Smash Club

MMG's handcrafted avocado smash, sharp cheddar cheese, hickory smoked bacon, ranch dressing, lettuce, tomato and onion on a brioche bun. \$14

### Shroom & Swiss

Swiss cheese, sautéed mushrooms, sautéed onions, mayo and lettuce on a brioche bun. \$14

### El Diablo

Pepper jack cheese, jalapeños, Cajun seasoning, chipotle mayo, lettuce, tomato and onion on a brioche bun. \$14



### Hangover

Sharp cheddar cheese, fried egg, hickory smoked bacon and mayo on a brioche bun. \$14

### Loaded Fries

Crispy crinkle-cut fries, topped with sharp cheddar cheese, hickory smoked bacon, jalapeños and sour cream. Served with a side of ranch dressing or chipotle mayo. \$7

# FRESH GREENS

Calorie range 270 - 400

### Caesar Salad **GF**

Chicken or steak, Parmesan cheese, and zero carb Caesar dressing on a power blend of romaine, spinach and baby kale. Chicken \$11 | Steak \$14



### Kale & Quinoa Salad

Chicken or steak, quinoa, roasted red peppers, avocado, Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale. Chicken \$11 | Steak \$14

### Italiano Salad **GF**

Chicken or steak, part skim mozzarella, roasted red peppers, fat free balsamic vinaigrette on a power blend of romaine, spinach and baby kale. Chicken \$11 | Steak \$14

### Mardi Gras Salad **GF**

Cajun seasoned chicken or steak, with turkey bacon, tomatoes, red onions and low carb salsetta dressing on a power blend of romaine, spinach and baby kale. Chicken \$11 | Steak \$14

### Asian Sesame Ginger Salad

Chicken or steak, tomatoes, cucumbers, red onions, sesame seeds, raisins, avocado, and Asian sesame ginger dressing on a power blend of romaine, spinach and baby kale. Chicken \$11 | Steak \$14

### Cheeseburger Salad

Grass-fed beef burger, reduced fat cheddar, tomatoes and scallions with a blend of fat free BBQ sauce and Caesar dressing on a power blend of romaine, spinach and baby kale. \$11



### Lean Turkey Taco Salad **GF**

Lean ground turkey chili, red beans, reduced fat cheddar, salsa, tomatoes, scallions and fat free sour cream on a power blend of romaine, spinach and baby kale. \$11



# MORE FIT FAVES

Calorie range 210 - 380

### Lean & Loaded Baked Potato

Baked potato topped with reduced fat cheddar, scallions, fat free sour cream and lean turkey bacon. \$5 Add Turkey Chili \$1

### Boneless Chicken Bites

Premium hand cut chicken breast, lightly breaded in whole wheat flour, sautéed to perfection, then tossed in one of our signature sauces. Served with a side of fat free sour cream. \$7

- Barbecue
- Buffalo
- Teriyaki
- Spicy Barbecue



### Shrimp Bites

Omega 3 packed shrimp, sautéed to perfection then tossed in one of our signature sauces. Served with a side of fat free sour cream. \$8

- Barbecue
- Buffalo
- Teriyaki
- Spicy Barbecue

# FRUIT SMOOTHIES

Calorie range 208 - 416

### Mango Tropics Strawberry Four Berry Pineapple



Small 16 oz. \$6 | Large 24 oz. \$8

### Strawberry Banana \* Carrot Apple \*



\* Indicates organic smoothie

Small 16 oz. \$7 | Large 24 oz. \$10

# PROTEIN SHAKES

Calorie range 140 - 392

### Vanilla Chocolate Strawberry Banana Berry Blast



### MMG Faves:

Chocolate Peanut Butter +\$1  
Vanilla Banana +\$1

Small 16 oz. \$6 | Large 32 oz. \$8

### Add-ins

Peanut Butter \$1	Spinach \$1
Banana \$1	Extra Protein \$2
Baby Kale \$1	